



Life YOUiversity

Quality personal and family life skills education for the military community.

Domestic Violence Is A Public Health Issue

By: Raphaela Brown, Victim Advocate, Fort Myer Family Advocacy

La Toyia Figueroa was exceedingly happy when she found out that she was expecting a baby: for one, she had waited for a long time for this to happen; for another, she hoped that her boyfriend would start treating her better now. Four months later she was declared at be a victim of homicide and domestic violence. The US Department of Justice reported in 2003 that 37 percent of women who sought emergency care were victims of domestic violence related incidents. Studies estimate that 324,000 pregnant women are battered by their partners annually and women experiencing intimate partner violence (IPV) have approximately 50% higher medical costs (Family Violence Prevention Fund, 2005). This study has not included unreported occurrences of physical assault nor consequential costs, such as lost productivity, psychological treatment, and criminal justice. IPV contributes to chronic conditions including neck, back and pelvic pain, ulcers, migraines, and arthritis. Mental health costs resulting from violence at home related depression, posttraumatic stress disorders and suicide attempts have yet to be reliably assessed, however, careful projections from 1999 to 2001 place these costs at about one billion dollars per year.

The President of the American Medical Association (AMA), John, C. Nelson, identifies domestic violence as "a major threat to a healthy America." (Ibid, 2005) Risk factors seen in domestic violence offenders include low self-esteem, involvement in aggressive or delinquent behavior as a youth, alcohol use, drug use, witnessing or experiencing violence as a child, lack of social networks and social isolation, and unemployment. Preventive and early interceptive classes and workshops are instrumental in educating and empowering those who are interested in and willing to confront the issue early on. Early intervention is key.

The Department of Defense has declared a no-tolerance policy against domestic violence and has invested in a comprehensive family advocacy program within all branches of service which addresses both prevention and intervention/treatment. In the Fort Myer Military Community, experts are available during the business hours and can be reached at (703) 696-3510; after hours, the MP's are the RPOC (reporting point of contact) who can be reached at (703) 696-3525 for Fort Myer and (202) 685-3196 for Fort McNair. The National Domestic Violence Hotline, can be reached at (800) 799-SAFE or (800) 787-3224 which is manned 24 hours.

Works cited

Family Violence Prevention Funds, Vol. 1, Jan. 2005
Retrieved from www.jfvphp.org on Sept. 10, 2005

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All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their family members, and DoD civilians.

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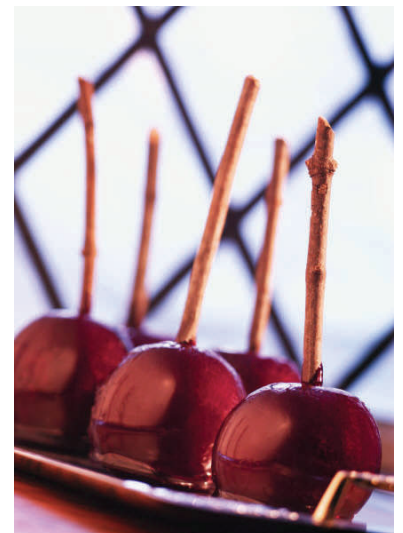
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PARENTING

Fort Belvoir, Virginia

Play Mornings

Date(s): Every Thursday

Time: 9:30—11:30 a.m.

Location: CYS Activities Bldg. 1003, Fort Belvoir

Group Leader: Ms. Melissa Cole

**For information call (703) 866-1028;
for registration call (703) 805-4590.**

Parents and children 6 years and under are invited to join in group activities designed to encourage positive parent-child attachments, stimulate physical growth and brain development, while creating meaningful experiences for a lifetime. Immunization records required for all children and a blanket for infants.



Fort Myer, Virginia

Developmental Play

Date(s): Every Wednesday

Time: 10:00 a.m.—12:00 p.m.

Location: Child Development Center Multi-Purpose Room, Bldg 469, Fort Myer

Group Leader: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, story telling and music. This structured setting also helps develop parent/child bonding and prepare children for kindergarten. Registration is required.



Fort Meade, Maryland

Romp-n-Stomp Playgroup

Date(s): Tuesdays

Time: 9:30—11:00 a.m.

Location: Bldg 909, Reece Rd., Fort Meade

Instructor: Ms. Sherri Collins

For information, call (301) 677-5590.

This program offers parents and children, up to age 5, a variety of toys, equipment, books, learning activities and arts & crafts projects to help children develop their fine and gross motors skills and social skills.

Budgeting for Baby & Baby Bundles

Date(s): October 7, 2005 & November 4, 2005

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Vonnie Blanken & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood.



SUPPORT GROUPS

Fort Belvoir, Virginia

Stork Club (New Parent Support Group)

Date(s): The second Thursday of the month

Time: 10:30—11:45 a.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Sheila Wilson

To register, call (703) 805-2631.

This support group is for parents of children ages 0—3. It offers an opportunity to develop a network and support system for parents.



We've Moved!

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Parents meet monthly at Fort Myer for fun, fellowship and mutual support.

Walter Reed Army Medical Center, D.C.

Parent / Child Social Group

Date(s): ¹ 2nd Friday of the month & ² 4th Friday of the month

Time: 11:00 a.m.—12:30 p.m.

Location: ¹ WRAMC Army Community Service Center, Bldg. 17

² School Age Service, Glen Haven Housing Area

Instructor: Ms. Glenda Guy & Ms. Kim Cobb

To register, call (202) 782-0453.

This group is designed to aide in building support systems for parents, share resources and ideas, and provide an opportunity for parents and children to bond and connect with other parents and children.

Fort Meade, Maryland

Parent to Parent Support Group

Date(s): Mondays

Time: 9:30—11:30 a.m.

Location: Argonne Hills Chapel, Fort Meade

Instructor: Ms. Sherri Collins

To register, call (301) 677-5590.

All parents are welcome. Childcare is provided for children up to age 5. Parents must register in advance for childcare.

Fort Myer, Virginia

Parents Support Group

Date(s): October 12, & November 9, 2005

Time: 6:00—8:00 p.m.



Single Parent Support Group

Date(s): The third Tuesday of the month

Time: 11:30 a.m.—1:00 p.m.

Location: WRAMC Army Community Service Center, Bldg. 17

Instructor: Ms. Glenda Guy & Ms. Kim Cobb

To register, call (202) 782-0453.

This group provides an opportunity for single parents to share ideas and resources which will lead them on a journey of positive growth, self discovery and establishing new friendships.



PENTAGON JMAC

A Headstart to Korea Class

Date(s): October 24, 2005

Time: 1:00—2:00 p.m.

Location: Room 1E288

Instructor: Ms. Teresa Wallage

To register, call (703) 692-7735.

Learn about relocation resources specific to Korea.

A Headstart to Germany

Date(s): Call for November date

Time: 1:00—3:00 p.m.

Location: Room 1E288

Instructor: Ms. Teresa Wallage

To register, call (703) 692-7735.

Learn about relocation resources specific to Germany.

Iraq: Customs and Culture

Date(s): November 21, 2005

Time: 2:00 — 3:00 p.m.

Location: Pentagon, Room 1E288

Instructor: Ms. Patty Barron

To register, call (703) 696-692-7735.

This overview of Iraq customs and cultures helps family members who have a service member deployed to the area. Obtain resources, checklists and much more information to ease the process of pre-deployment and deployment.

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Visit our display at

PENTAGON MAIN CONCOURSE STAGE AREA
OCTOBER 4TH & 19TH FROM 11:00—2:00

When Children Witness Violence

Date(s): October 11, 2005

Time: 10:00 a.m. —11:30 p.m.

Location: Pentagon, Room To Be Announced

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512 or (703) 692-7735.

Many couples believe that their children do not hear, witness or know about arguments, fights, that are going on. However, studies show the opposite; children are very attune to what is going on around them. How does this affect them now and in their future and what we can do about it? Join us for the answers and discussion



Home Buying Seminar

Date(s): October 17, 2005

Time: 12:00 – 2:00 p.m.

Location: Pentagon, Room 2C554

Instructor: Mr. Jeff Thomas

To register, call (703) 692-7735

Learn the fundamentals of home buying.

De-Stressing The Holiday's

Date(s): November 8, 2005

Time: 10:00 a.m. —12:00 p.m.

Location: Pentagon, Room 1E288

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512 or (703) 692-7735.

The stress of the holiday season often brings feelings of being a little overwhelmed. This class offers solutions to managing family stress. Participants will learn the triggers for stress, coping skills for daily life stressors, and ways to develop healthy responses to stress.



STRESS & ANGER MANAGEMENT

De-Stressing The Holiday's

Date(s): November 3, 2005

Time: 11:30 a.m. —1:00 p.m.

Location: Fort Myer Library, Bldg 469

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

The stress of the holiday season often brings feelings of being a little overwhelmed. This class offers solutions to managing family stress. Participants will learn the triggers for stress, coping skills for daily life stressors, and ways to develop healthy responses to stress.



You Are In Control

Date(s): October 13, 20, 27, 2005 & November 3, 10, 17, 2005

Time: 9:00 —10:00 a.m.

Location: Fort Myer Center for Substance Abuse, Bldg 320

Instructor: Dr. John Lucero, Ph.D.

To register, call (703) 696-3456.

This successful series teaches participants how to recognize angry reactions and how to reduce negative emotional reactions and the physical symptoms that accompany anger by developing problem-solving skills, setting boundaries, and enhancing communication in order to have a sense of self-control.

COMMUNITY HEALTH, SUPPORT & CRAFT FAIR

Sponsored by: Fort Myer ACS EFMP, Army National Guard Readiness Center MWR

October 27, 2005; 9:00 a.m. to 2:00 p.m.; ARNGRC, 111 South George Mason Drive, Arlington, Va.

ADMISSION: Free following **SECURITY CHECK-IN**

NOTE: Since there is **NO visitor parking**, shuttle service will be available from the **Fort Myer Memorial Chapel** (across from the PX) **7:30 AM – 2 PM**

For general/disabled-access information, contact Mrs. O'Connor, (703) 696-3510

HOME, MARRIAGE & MONEY MANAGEMENT

Fort Myer, Virginia

English as a Second Language Class (ESL)

Date(s): Every Tuesday

Time: 1:00—3:00 p.m.

Location: Education Center, Fort Belvoir

Group Leader: Ms. Patty Barron

For information, call (703) 696-3510.

Smooth Move

Date(s): October 18, 2005 & November 16, 2005

Time: 1:00—2:30 p.m.

Location: Army Community Service, Bldg. 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-0026 / 3510.

Get the latest information about ACS Relocation resources, the transition process, transportation information, travel pay & allowances, shipping household goods and budgeting for your move.

PCS to Korea Workshop

Date(s): October 25, 2005

Time: 10:00—11:00 a.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To Register, call (703) 696-0026 / 3510.

Learn about ACS Relocation resources specific to Korea.

Remedial Check Writing

Date(s): October 25, 2005 & November 8, 2005

Time: 11:00—12:30 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Fort Myer Consumer Educator

To register, call (703) 696-3510.

Learn the ABCs of checkbook maintenance.

First Termers Mandatory Money Management

Date(s): October 20, 2005 & November 3, 2005

Time: 8:00 a.m.—4:00 p.m.

Location: Center for Substance Abuse, Bldg 230, Room 117, Fort Myer

POC: Ms. Vonnie Blanken

To register, call (703) 696-3510.

This one-day overview of financial preparedness is geared toward first-term Service members, but open to others.

Understanding Insurance

Date(s): October 11, 2005

Time: 11:00—1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Fort Myer Consumer Educator

To register, call (703) 696-3510.

Learn about insurances and what it really means. There must be a minimum of 7 participants for this class.

VHDA Home Ownership Seminar

Date(s): October 27, 2005

Time: 4:30—6:30 p.m.

Location: Army Community Service Legal Classroom, Bldg 201, Fort Myer

Instructor: VHDA Representative

To register, call (703) 696-3510.

Topics cover budgeting, credit, the loan process, home inspections, the loan closing process and closing documents. There must be a minimum of 7 participants to conduct this class.

Understanding Your Credit Score

Date(s): November 15, 2005

Time: 11:30—1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Fort Myer Consumer Educator

To register, call (703) 696-3510.

Learn what credit scores are and how they affect your finances. There must be a minimum of 7 participants for this class.

Sponsorship

Date(s): October 24, 2005

Time: 9:00—10:00 a.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-0026

Do you like to meet new people and make new friends? Why not consider being a sponsor. Come find out what sponsorship is about and how it helps our military community.

Wills & Trusts

Date(s): November 18, 2005

Time: 11:00 a.m.—1:00 p.m.

Location: CSAP, Bldg 230, Room 117 or 119, Fort Myer

Instructor: Fort Myer Consumer Educator

To register, call (703) 696-3510

Personal Financial Readiness

Date(s): November 22, 2005

Time: 11:00 a.m.—1:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Fort Myer Consumer Educator

To register, call (703) 696-3510

Start Right

Date(s): Every Thursday/Friday

Time: 8:30 a.m.—3:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-0026

Start Right is a two day comprehensive in-processing program that brings together all in-processing services and provides information regarding the "quality of life" within the Fort Myer Military Community (FMMC) and the Military District of Washington (MDW).

Iraq: Customs and Culture

Date(s): Second Tuesday of each month

Time: 11:00 a.m. — 12:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Patty Barron

To register, call (703) 696-3510.

This overview of Iraq customs and cultures helps family members who have a service member deployed to the area. Obtain resources, checklists and much more information to ease the process of pre-deployment and deployment.



MILITARY ONE SOURCE

1-800-464-8107

AFAP SYMPOSIUM

October 12 & 13, 2005

8:00 a.m.— 4:00 p.m.

Spates Community Club, Fort Myer

Program Coordinator:

Pam Eller

(703) 696-1229

Ellerp@fmmc.army.mil

EMPLOYMENT READINESS

Fort Myer, Virginia

Available Employment Services

Date(s): Upon request

Time: Call for appointment

Location: Army Community Service Bldg 201, Fort Myer

Instructor: Ms. Judy Joyner

To register, call (703) 696-3047

Topics include: Resume Classes, Dress For Success, Interviewing Techniques, Job Searching, & Federal Government Employment.

ARMY FAMILY TEAMBUILDING

Fort Myer, Virginia

AFTB Level 1

Date(s): October 5, 2005 & November 2, 2005

Time: 9:00 a.m. —3:00 p.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Pam Eller

To register, call (703) 696-3510.

This introductory course for spouses assists them in understanding and acclimating to the special culture that is life in America's Army. Childcare provided.



Fort Belvoir, Virginia

AFTB Level 1

Date(s): Call for more information

Time: Call for more information

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: Carol Janier

To register, call (703) 805-5556.

This introductory course for spouses assists them in understanding and acclimating to the special culture that is life in America's Army. Childcare provided.



EXCEPTIONAL FAMILY MEMBER SERVICES

Fort Belvoir, Virginia

Exceptional Family Member Respite Care Services

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating & Ms. Martha Hayes

For more information, call (703) 805-2967.

EFMP families assigned to Fort Belvoir may receive up to 10 hours per month of free respite care services for those who qualify.

We've Moved!

Exceptional Family Member Saturday Swim

Date(s): Every Saturday

Time: 1:00—3:00 p.m.

Location: Benyaard Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

Free open swim for the entire EFMP family.

Exceptional Family Member Family Arts & Crafts

Date(s): Every 3rd Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg. 210, Fort Belvoir

EFMP families join together for a day of arts & crafts for the entire family. Different projects each month. Snacks provided.

Teen Bowling

Date(s): Every 2nd Saturday of the month

Time: 12:00—2:00 p.m.

Location: Fort Belvoir Bowling Center

POC: Ms. Martha Hayes

To register, call (703) 805-5435/2967.

EFMP pays for one free game of bowling giving parents & teens an opportunity to fellowship together.

Parent Support Group

Date(s): Every 1st Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

This group provides an opportunity for parents with special needs children to support each other and to receive resource information. Childcare not provided.

Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your
Exceptional Family Member
Program Manager

Fort Myer . . (703) 696-3510
Fort Belvoir. (703) 805-2967
WRAMC. . . (202) 782-3390

**Fort Belvoir Army Community Service Center has moved. Our new address is:
5820 21st Street, Bldg 210; Fort Belvoir, VA 22060**

MWR EVENTS

Halloween Fun Run/Walk

Date(s): October 28, 2005

Time: 1:00 p.m.

Location: Spates Community Club, Fort Myer

POC: Ms. Debbie Lewis

For more information, call (703) 696-3419.

Walk or run in costume at this annual event which is open to all. T-shirts available for the first 200 participants who finish the walk or run. Prizes for costumes will be awarded also.



MWR/USO Holiday & Craft Bazaar

Date(s): October 29, 2005

Time: 10:00 a.m. — 3:00 p.m.

Location: Community Recreation Center, Fort Myer, Bldg. 405

POC: Ms. Debbie Lewis

For more information, call (703) 696-0958.

Join us for this free unique craft bazaar filled with hand-made, one of a kind gifts. Get away from those malls and shop in a relaxed atmosphere. Food & beverages available from the snack bar.



Thanksgiving Dinner

November 24, 2005

11:00 a.m. to 3:00 p.m.

Spates Community Club, Fort Myer & Fort McNair Officer's Clubs

Call (703) 696-3419



Life YOUniversity

Army Community Service

201 Custer Road

Fort Myer, VA 22211-1199

ACCT 64

Phone: 703-696-3512

Fax: 703-696-1201

Email: Karen.Stpierre1@us.army.mil

The symbols below indicate classes carrying incentives for participants from the respective communities of Fort Myer and Fort Belvoir.

WIN (Why I'm Needed). Fort Belvoir soldiers & family members who earn 5 WIN credits are eligible for a 10% discount at the Fort Belvoir Child Development Center. For more information, contact (703)805-3980.



VIP (Very Informed Parent). Fort Myer soldiers & family members earning 5 VIP points are eligible for a VIP T-shirt and a number of other incentives as they become available. For more information, contact (703)696-3512.



Fort Myer Child Development Center parents who earn 5 points are eligible for a 10% discount for the month. For more information contact, Ann Daffin (703) 696-3095.



Classes earn military promotion points. Call for details.

